

# 147<sup>TH</sup> RECONNAISSANCE WING THE TEXAN



TEXAS AIR NATIONAL GUARD | ELLINGTON FIELD JRB | HOUSTON, TX

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## Airman's donation may save infant

STORY ON PAGE 3





**Gen. Larry O. Spencer**

Vice Chief of Staff of the Air Force

Fellow Airmen,

I need your help in fixing a problem that directly relates to our overall readiness – sexual assault. This is a problem each and every one of you has a part in solving. As airmen in the world's greatest Air Force, treating each other with dignity and respect is absolutely essential. Our mission effectiveness is built on trust and nothing can be allowed to violate that trust.

We are launching the "Every Airman Counts" campaign in an effort to hear more from you on how best to address the issue of sexual assault prevention and response within our organization. The first initiative, beginning today, is a public facing blog where airmen can post suggestions, ideas, or concerns, and senior leaders and subject matter experts can join the dialogue. In addition to the blog, later this month, we will host senior leader web chats that will be moderated forums for real-time information exchange between our airmen and experts in this field.

Sexual assault is an issue that affects us all. It's important for us to know exactly where and what the issues are so that we can address them with undivided focus. I need every one of you to share your thoughts on how we can best ensure that we have an environment where dignity and respect are prevailing qualities in our daily relationships.

There's no doubt that with your help, we can make our Air Force family stronger and eliminate sexual assault from our service. For more details on this campaign, I invite you to log onto the Air Force Portal today.

## HOW TO REPORT SEXUAL ASSAULT

**Step 1: Call 911 if you need emergent care**

**Step 2: If not, call the Ellington Field Hotline at (281) 840-0335 or the DoD Safe Helpline at (877) 995-5247. Talk to SARC before sharing assault details so you don't jeopardize your reporting options.**

**Step 3: Care for victim's needs**

*Let the victim speak to SARC in private. Don't ask questions about assault. Remind the victim not to eat, drink, shower, use restroom until SARC provides guidance. Stay with victim until support arrives.*

### Reporting Options

Restricted	Unrestricted
Service member victims	All personnel
Confidential	"Need to know" investigation
Will NOT contact commander/police	Commander notified
Can collect evidence	Medical care
CAN go unrestricted	Evidence collected
	CANNOT go restricted

The Safe Helpline Mobile App (for iOS or Android) allows sexual assault survivors in the military to create a customized self-care plan and connect to resources from anywhere in the world.



## THE TEXAN

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Cover:

Tech. Sgt. Ryan Erickson, 147th Reconnaissance Wing. (National Guard photo by Senior Airman Chasity Lollis)

# Airman's donation can save infant's life

By Staff Sgt. Mindy Bloem and  
Senior Airman Chasity Lollis  
147th Public Affairs



Tech. Sgt. Ryan Erickson adjusts a radio in a HUMVEE at Ellington Field Joint Reserve Base in Houston, TX (National Guard photo by Master Sgt. Sean Cowher)

Five thousand four hundred and fifty-nine miles. That is about how far one good deed can go.

In 2005, while getting a physical at Andrews Air Force Base Tech. Sgt. Ryan Erickson, a member of the 147th Reconnaissance Wing, was asked if he wanted to register to be a bone marrow donor.

His answer was simple, "Why not? No reason not to."

Eight years passed before he heard anything else about it. Then, in May he got a call from the National Bone Marrow Donor Program informing him they found a potential match.

He was immediately granted permissive temporary duty from his unit and traveled up to Washington, D.C., for a physical and blood tests to confirm he was still in good health to donate.

Once confirmed, they notified the family of an infant in the Czech Republic of the match.

"The only information they would give us was 'infant, 0-12 months,

weighed 8 kilograms,' which is like 18 pounds, and 'from the Czech Republic with a diagnosis of other.' They wouldn't specify," he said.

No other details were shared between the two families.

According to the rules made by the program, the address and name of the donor and recipient, and illness of the recipient are kept confidential for a full year.

The hospital treating the infant decided they did not want to do the invasive bone marrow transplant and decided on stem cells instead.

One shot of Filgrastim in each arm for five days was administered to Erickson to make his body produce excess stem cells. The excess caused achy joints, headaches, sleeplessness and intense back pain with Erickson, he said. He was hooked up to a dialysis machine at the end of the week for four hours to filter the excess stem cells out.

During the same week, the in-

fant underwent chemotherapy to kill as many of his cells as possible with hopes that the new cells would restart his entire system.

Erickson is tied to this recipient for one year.

"In case they need more bone marrow or stem cells, they don't want me going somewhere else," he said. "After that year, I go back into the registry list."

Erickson's wife and three children are very supportive of his decision to donate, he said.

When asked if he would do it again, he responded, "Hands down, I'd do it again. Who wouldn't? It's a no brainer....Just looking at my 1 year old, if I was in that boat, what would I want someone else to do?"

The national registry is available to anyone who would like to register.

"When you're having a bad day, there's someone else having it 10 times worse and you can take five minutes to go get in the registry and a week to alleviate all of their pain on the other end," he said. "What takes you two months to go through paperwork, they've probably already gone through years of trying to find a donor."

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# AF member, former Guardsman give rescue dogs a lift home

By Oriana Pawlyk  
Air Force Times

These service members haven't piloted in their Air Force careers, but they take to the skies for a mission involving the everyday canine companion.

Chief Master Sgt. Tom Bragg and former Air Guardsman Jack Merritt fly for Pilots N Paws, a nonprofit or-

ganization that transports dogs from high-kill shelters to new homes. He also volunteers with the Animal Rescue and Basenji Rescue and Transport organizations.

"[Pilots N Paws] is purely a volunteer mission," Merritt said. "The pilots get to know one another, we have profiles on the website, and we



Chief Master Sgt. Tom Bragg, with the 147th Reconnaissance Wing at Ellington Field, Texas, flies Ollie during one of his volunteer flights with Pilots N Paws. (Photo courtesy of Chief Master Sgt. Tom Bragg)

ganization that transports dogs from high-kill shelters to new homes.

"This gives me a purpose for flying," Bragg said. "And it's a reason much better than just burning gas. I'm making a difference for one animal, for one family. It's personally rewarding and rewarding for the animals."

On the clock, Bragg serves with the 147th Reconnaissance Wing at Ellington Field. In his spare time he flies his Beechcraft Musketeer Super III over the Gulf Coast area — Louisiana, parts of Florida, and as far south as Brownsville — carrying mostly dogs.

He started with Pilots N Paws in 2009 and has flown more than 80 animals and 32 rescue flights.

get contacted when we're needed."

Merritt started flying with the organization in the late 2000s after his wife saw Pilots N Paws on a "Good Morning America" special and knew his plane could be put to better use. Merritt has flown more than 300 pets and 100 missions for the cause.

"I fly twice, maybe sometimes four times a month for these animals," he said. Merritt, in his 1967 Mooney M20F Executive, cruises along the East Coast on the weekends, from Quakertown, Pa., and anywhere between Norfolk, Va., all the way up to New York.

"Most of the time I am the half-way pilot, taking these dogs from

one airport to the next, but then there are those times I take the animals straight to the family waiting for their first pets at the airport. It's a whole family affair. It's hard to keep a dry eye," Merritt said.

"People need to take better responsibility," Merritt said. "We hate the idea [people] put millions [of pets] to death every year, and we need to change that."

If you wish to fly for Pilots N Paws, or to learn more about the organization, visit [pilotsnpaws.org](http://pilotsnpaws.org).

## CONSTRUCTED TRAVEL

Effective 26 June 2013 when conducting constructed travel cost comparisons you may now only use the cost of the directed mode of transportation (air, bus, or train), plus taxes and CTO fees, and compare it against the cost of the desired method of transportation (mileage). Travelers may no longer add the cost of taxis, terminal transportation, excess baggage, lodging, M&IE, or any other expense to the constructed comparison. There is still no requirement for a cost comparison for travel of 400 miles or less (each way).

## STATE TUITION REIMBURSEMENT

Any members in the Wing who would like to further their education, the State Tuition Reimbursement Program (STRP) offers them the opportunity. This year the STRP has been funded to assist wing members who would like to begin or continue pursuing their higher education degree. The enrollment date for the program starts Aug. 1, 2013 and ends Sept. 16, 2013. For more information about the STRP stop by the Wing Force Development Office.



# CES leaves mark on Rockies during readiness training

By Chief Master Sgt. Marcus W. Falleaf  
147th Civil Engineer Squadron



Members of 147th Reconnaissance Wing Civil Engineer Squadron excavate land at the YMCA of the Rockies in Grandby, Colo., in July, as part of a two week readiness training program. (National Guard photo by Chief Master Sgt. Marcus Falleaf)

Forty members of the 147th Reconnaissance Wing Civil Engineer Squadron spent two weeks in July at the YMCA of the Rockies in Granby, Colo., as part of the Innovative Readiness Training program.

This Deployment For Training allows military personnel the opportunity to practice their skills in a real-world setting while supporting the needs of underserved communities of America. In this case, they built and upgraded facilities at a resort approximately two hours west of Denver.

Under the guidance of 1st Lt. Alyson White, the officer in charge, electricians, heavy equipment operators, structures personnel and other crafts look forward to these training missions.

“We’ll be flying via C-130 from Houston to Buckley Air Force Base and convoying on to Snow Mountain Ranch,” said Master Sergeant Nathan Sullivan, operations superintendent for the squadron, before the training deployment.

Worksites for the 147th included the building of shade shelters, a groomer building for winter equipment storage, renovation of living quarters and recreation areas requiring maintenance or special attention. Lt. Col. Gary Kerr, commander of the CES, stated that he is extremely proud of the squadron’s work, professionalism and dedication.

Maj. Brock Childers, IRT on-site coordinator and a member of the Colorado Air National Guard, has been a part of the project since its inception in early May. He remains the military connection between the six different units who are deploying to the YMCA.

“(The 147th CES) have been an exceptional group and have exceeded all expectations. We hope you can come back again sometime in the future,” Childers said, after monitoring and ensuring continuity through the transition of units every two weeks.

Finishing the trip with a cookout, awards were presented to the squadron’s outstanding performers, the hosts, the YMCA of the Rockies and their contractors.

The Rocky Mountains will now and forever have the touch of Texas imprinted upon their horizon. The memory of the altitude breathlessness, sunrises and sunsets, the crisp clean air and the cold, clear water will forever be embedded in the minds and hearts of the wing’s CES members.

## ESOH CAMP INSPECTION

## 72 DAYS



# ESOH CAMP scheduled for Oct 14-18

By Mr. Mark Garcia  
147th Base Environmental Manager

The Environmental Safety and Occupational Health Compliance Assessment Management Program is scheduled for Oct. 14-18.

This is a Tier 3 assessment or otherwise known as an external assessment. Subject matter experts from contracted agencies and the National Guard Bureau will convene on Ellington Field to assess how the wing and tenant units are doing with our programs.

Your efforts thus far have been exemplary. As you know, last December, this past March and this month, regulators from the Texas Commission on Environmental Quality and the City of Houston's Public Works Section evaluated our programs dating back three years. All three of these reviews resulted in zero discrepancies, a real indication to your dedication to the Wing's Environmental Management System program.

Together, we maintain a very high standard in how we treat the environment as a base. This continues to be done in a multitude of ways. We ensure that all members are trained annually. If you know of someone who is not, please say so and let me know.

Shops continue to ensure that housekeeping, the authorization of materials, quarterly inspections and recycling efforts are kept paramount for all their members to be thinking about under our EMS commitment to continual improvement.

Remember that our number one EMS goal for the base is "energy" as the marquee and our base poster indicate. All of these examples and initiatives lead to savings in money, time and energy, and they help to protect the environment.

Please ensure that all working areas and breakroom have a copy of the wing commander's EMS commitment statement and base EMS poster are posted in your area. If you don't have these, call me and I will bring them over!

Your ESOH team is here to help you manage your environmental programs at all levels, listen to your supervisors and managers, suggest new ways of doing business so that we can continuously improve our EMS practices, and we will all benefit from the end results of these efforts. Thanks you for all the great things you do and keep up the good work, 72 days left.



DEPARTMENT OF THE AIR FORCE  
Headquarters, 147th Reconnaissance Wing (RW)  
Texas Air National Guard, Ellington Field JRB  
Houston, Texas 77034-5586

18 Nov 12

## MEMORANDUM FOR RECORD

FROM: 147 CES/CEV

SUBJECT: Environmental Management System (EMS) Environmental Commitment Statement

1. REFERENCE: Executive Order (EO) 13423 and International Organization for Standardization (ISO) 14001

2. The Base EMS Environmental Commitment Statement is as follow:

**Protecting the environment is one of our highest priorities and will be a major factor in decision making. The 147th Reconnaissance Wing (RW) is dedicated through the use of a proactive Environmental, Safety, and Occupational Health (ESOH) Council to the continued improvements of our processes to prevent and reduce waste generation. The Wing endorses the development and execution of an installation-wide EMS and a commitment to compliance with federal, state, and local environmental laws and regulations. We will continue to pursue a course of responsible environmental stewardship. In support of our environmental commitment for the Base, we will:**

- Maintain an effective environmental management system that promotes the use of safe technologies and proactive operating practices capable of responding to day-to-day and emergencies activities that minimize impacts to employees and the environment by the use of "Continual Process Improvement".
- Set environmental goals, measure progress, take corrective action, and communicate results to the Wing in order for the program to be at the forefront of all operations conducted both CONUS and OCONUS.
- Establish a robust waste minimization program through the use of education, innovative technologies, and recycling efforts.
- Establish a priority to incorporate engineering innovative technologies and practices that reduces the Wing's energy dependence on non-renewable energy.
- Establish and maintain a proactive ESOH council to monitor and provide the needed vision to meet all regulatory initiatives.

3. This base commitment statement supersedes all letters pertaining to the same subject forthwith.

MARK A GARCIA, GS-12, TXANG  
Environmental Manager



# Movin' In – Movin' Up – Movin' On

## Welcome New Members

Lt. Col. Dean Eckmann  
Capt. Timothy Strotkamp  
Tech. Sgt. John Castle  
Staff. Sgt. Timothy McCarty  
Senior Airman Susanna Coronel  
Airman 1st Class Truong Luu  
Airman 1st Class Lauren Schoonover

Maj. Jeffery Oblon  
Master Sgt. William Drake  
Tech. Sgt. Jeffery Porter  
Senior Airman Oria Cummings  
Senior Airman Kathrina Domingo  
Airman 1st Class Ali Muhammad

## Promotions

Lt. Col. James Burnup  
Lt. Col. John Williams  
Senior Master Sgt. Courtney Hinson  
Tech. Sgt. Alfred Cranon  
Tech. Sgt. Carl White  
Staff Sgt. Jason Gees  
Senior Airman Chasity Lollis

Lt. Col. Jon Egenberger  
Maj. Yolanda Williams  
Senior Master Sgt. Jascha Patton  
Tech. Sgt. Juan Rosales  
Staff Sgt. Jonathan Nelson  
Staff Sgt. David Stribling  
Senior Elton Grubbs

## Retirements

Col. Walter Rustmann  
Maj. Micheal Menard  
Senior Master Sgt. Ida McClam  
Tech. Sgt. Clyde White  
Tech. Sgt. Abraham Espionsa

Lt. Col. Brett Thomas  
Chief Master Sgt. Brian Wilhelm  
Master Sgt. Daniel Moore  
Tech. Sgt. David Boriak

Congratulations to the 147th Education Services Center for earning an Outstanding Achievement Recognition from the Community College of the Air Force for its commitment to developing the United States Air Force Human Resources.

The official 147th Reconnaissance Wing Facebook page is [www.facebook.com/147RW](http://www.facebook.com/147RW).



Find us on  
**Facebook**





# WHY BE A FIRST SERGEANT?

Provided by the 147th Reconnaissance Wing First Sergeant Council



**Master Sgt. Lorna Major**  
147th Medical Group First Sergeant

I became a first sergeant for a few different reasons. One was because I had really good first sergeants in my career, and they made a huge difference in both my life and career choices, and I wanted to be able to do that for others. Another reason was because I've always felt I was good at helping others and I truly enjoy it, so it was a logical choice.

What I've enjoyed most about being a first sergeant is two-fold. One was the experience of having worked with great people who have been instrumental in shaping how I handle people and difficult situations as they have led by example and been mentors, leaders and friends. I hold their opinions in high regard and was always made to feel as a peer, which is the highest compliment one could receive,

our troops has been one of the most rewarding parts of my life. I've said a million times that if done right, this job is the hardest job there is, but it's always the most rewarding. I've been fortunate to be a part of many promotions and awards, weddings and baby showers, birthday parties and welcome home reunions, and each one holds special meaning to me. But the ones that are the most significant are when I was invited to be a part of the hard times - the funerals, the divorces, the hospital visits and the farewells. These are private, intimate moments in people's lives that shape who they are and they trusted me enough to include me in them.

Being a first sergeant is more than wearing a diamond on your sleeve, it's about earning the trust of those in your unit so that you can best help them to not only achieve the

*Today's First Sergeant's Message comes from the heart of the First Sergeants' Council. A first sergeant's special duty is a tour of at least three years, not to exceed six years.*

*The 147th Reconnaissance Wing is looking for someone willing to take a leap of faith in his or her military career to lead, mentor, and most of all, take care of people.*

*Perhaps you are reading this article and would consider jumping into the fold of becoming a beloved first sergeant or know someone who would.*

*In this article, we ask our current first sergeants why they became first shirts and what they have enjoyed about being one.*

mission, but become the best person they can be. You protect and guide them, praise and reward them; but most importantly, you never forget you are one of them. A wise man once taught me what true leadership was when he took off his BDU jacket and went and worked alongside an airmen during an ORI. He sweat, he cursed and he got some things wrong, but he showed he wasn't above doing the work he'd asked his troops to do and the message was received loud and clear by not only the airman, but his first sergeant as well. I am forever grateful to him for having shown me that being great isn't about medals or ribbons or what you have on your sleeve or collar, it's about helping someone find their path to reach their full potential and as a result, the mission is met, the airmen thrive and your job is complete.



# Dollars and \$ense

## CitiManager® Goes Mobile To Give Cardholders Access Anywhere

With CitiManager® Mobile, travel cardholders can now easily view their statements, balances and recent transactions – whether they're crossing the country on business or crossing the street on a sandwich run. It's as easy as using a smartphone or other mobile device to instantly access the CitiManager® Mobile website, which mirrors the CitiManager® portal and has the same program management capabilities that cardholders have become accustomed to in their travel card usage.

The CitiManager® Mobile website gives cardholders a valuable combination of simplicity and convenience. With the site's easy navigation, cardholders can quickly find the following functions:

- **My Accounts.** Access all Citi® Commercial Card accounts linked to user ID through a single page. See high-level details on balance and available credit for each Citi Commercial Card account.
- **Account Summary.** Review your previous statement balance, new activity and current balance due.
- **Statement Summary.** View the date, description and amount for each transaction in a statement period, for up to six recent statements. You can also drill down for more detailed information.
- **New Activity.** View the date, description and amount of all transactions since the last statement. Then drill down for more detailed information.
- **Select Language.** Click the Language Settings button on the Login page to change your language preference.
- **Mobile Help.** Select the Mobile Help button on the Login page to view answers to your frequently asked questions.



## 147th Reconnaissance Wing Public Affairs Office

281-929-26621

47RW.PublicAffairs@ang.af.mil

www.147rw.ang.af.mil

www.facebook.com/147RW

In accordance with Air Force Instruction 35-109 Public affairs cannot use government funded visual information resources to:

- Provide souvenirs, personal gifts, mementos or farwell gifts
- Support or document farewell parties or social events unless certified as newsworthy or having historical significance by the chief of Public Affairs.
- Create products used primarily for entertainment during farewell parties or social events.
- Support MWR- or services-sponsored recognition programs

**Commanders Hotline**  
Ideas | Comments | Suggestions

**929-2000**



**Judge Advocate**

147 Reconnaissance Wing



UTA Weekends – 0800 - 1600

281-929-2199

147RW.JA@ang.af.mil

AMERICAN AIRMEN | SPIRITUAL WINGMEN



147 RECONNAISSANCE WING  
CHAPLAIN CORPS



DUTY HOURS: 281-929-2636

NON-DUTY HOURS: 281-929-2716

147RW.CHAPLAIN@ANG.AF.MIL

**Alcoholism is Treatable!**

**Need Help?**

**Call 1-800-410-2560**

**Sexual Assault S.A.F.E. Helpline**

**1-877-995-5247**

147<sup>TH</sup> RECONNAISSANCE WING  
EQUAL OPPORTUNITY OFFICE  
BLDG 1057, ROOM 236

MAJ GRETA COSTA  
929-2610

MSGT ANITA BLUE  
929-2210



TRAINING AND ASSISTANCE ON ISSUES INVOLVING  
DISCRIMINATION AND SEXUAL HARASSMENT



**Ace in the Hole  
Retirees Association**

**President: James (Jim) Buchta**

**Vice President: James Hamm**

**Sect./Treas: Mildred Koehn**

**www.aceintheholeretirees.com**

**147th.retirees@gmail.com**

**147<sup>TH</sup> RECONNAISSANCE WING  
DINING FACILITY**

**Saturday**

**3 August 2013**

**Chicken Cor don bleu**

**Stuffed Fish**

**Dirty Rice**

**Mashed Potatoes**

**Glazed Carrots**

**Home-Style Green Beans**

**Salad Bar**

**Desserts**

**Beverages**

**Sunday**

**4 August 2013**

**Sandwiches**

**Chips**

**Desserts**

**Beverages**

**Shortline**

**Hamburger**

**Hot Wings**

**Corndog**

**French Fries**

**Meal Price: \$4.55**

## CYBER AWARENESS TIP

WINGMAN RESPONSIBILITIES IN CYBERSPACE  
PROTECT YOUR FELLOW AIRMEN

SENDING CRITICAL UNCLASSIFIED INFORMATION OVER THE INTERNET COULD SUBJECT TENS OF THOUSANDS OF YOUR WINGMEN TO EXPLOITATION BY CRIMINALS AND FOREIGN INTELLIGENCE SERVICES. THE LARGEST RISK IS BETWEEN PERSONAL E-MAIL AND GOVERNMENT ACCOUNTS AND INCLUDES ITEMS SUCH AS RECALL/ALPHA ROSTERS, ACCOUNT USER-NAMES AND PASSWORDS, ETC. DO NOT SEND THIS INFORMATION UNENCRYPTED OR PLACE ON PUBLIC WEBSITES. ENCRYPT ALL E-MAILS THAT CONTAIN CRITICAL INFORMATION AND/OR PERSONAL IDENTIFIABLE INFORMATION (PII).

WHEN GOVERNMENT ENCRYPTION IS NOT AVAILABLE, COMMERCIAL SOFTWARE CAN BE USED TO PREVENT THESE VIOLATIONS. THE ATTACHED SLIDE DECK HAS ADDITIONAL INFORMATION ON THE USE OF ENCRYPTION WIZARD (FOR ENCRYPTING FILES), AS WELL AS HOW TO SEND FILES SECURELY TO ANYONE THROUGH THE ARMY'S SAFE WEBSITE.

## Safety Shorts



### DISTRACTED DRIVING KILLS

Our youngest and most inexperienced drivers are most at risk and are 23X more likely to crash, with 16% of all distracted driving crashes involving drivers under 20.

What is distracted driving? A distraction occurs any time you take your eyes off the road, your hands off the wheel, and your mind off primary task; driving safely. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

What can you do? Take the pledge to drive phone-free and turn your cell phone off when you turn your ignition on. Or you can use a mobile app that is designed to curb phone use while driving.





**Ms. Monalisa Norton**  
Family Readiness Program Manager

## Airman & Family READINESS PROGRAM

147TH RECONNAISSANCE WING - ELLINGTON FIELD JRB - HOUSTON, TEXAS



The 147th Reconnaissance Wing Airman and Family Readiness Program Office provides a direct link between the commander and families. Family members can get information and help for a variety of issues, for more information contact the Family Readiness Program Manager.

# Important Numbers and Services

*Provided by: Monalisa Norton, Airman & Family Readiness Program Manager*

**American Red Cross**  
Armed Forces Emergency Number  
877-272-7337  
[www.redcross.org](http://www.redcross.org)

**Tricare Service Center**  
800-444-5445

**Military One-Source**  
800-342-9647  
[www.militaryonesource.com](http://www.militaryonesource.com)

**Veteran Affairs**  
[www.va.gov](http://www.va.gov)

**Air Force Crossroads**  
[www.afcrossroads.com](http://www.afcrossroads.com)

**NGB Family Program Online Community**  
[www.jointservicessupport.org](http://www.jointservicessupport.org)

**Tricare Regional Office South**  
[www.tricare.mil/TROSouth](http://www.tricare.mil/TROSouth)

**Texas National Guard Family Support Foundation**  
[www.txngfoundation.org](http://www.txngfoundation.org)

**Military Spouse Center**  
[www.military.com/spouse](http://www.military.com/spouse)

**United Concordia**  
800-866-8499  
[www.ucci.com](http://www.ucci.com)

**Employer Support of Guard and Reserves (ESGR)**  
800-336-4590  
[www.esgr.mil](http://www.esgr.mil)

**Humana-Military**  
[www.humana-military.com](http://www.humana-military.com)

**National Association of Child Care Resource & Referral Agencies**  
[www.naccrra.org](http://www.naccrra.org)

**Hope for Heroes**  
[www.samaritan-counseling.org](http://www.samaritan-counseling.org)

**Hero Bracelets**  
[www.herobracelets.org](http://www.herobracelets.org)

## Kid's Area

**Kids Health (Toddler to Teens)**  
[www.kidshealth.org](http://www.kidshealth.org)

**Kids.gov**  
[www.kids.gov](http://www.kids.gov)

**Kid's Space**  
[www.kids-space.org](http://www.kids-space.org)

**FEMA for Kids**  
[www.fema.gov/kids](http://www.fema.gov/kids)

**White House Kids Site**  
[www.whitehouse.gov/kids](http://www.whitehouse.gov/kids)

**Texas Senate Kids**  
[www.senate.state.tx.us/kids](http://www.senate.state.tx.us/kids)

**Energy Kids Page**  
[www.eia.doe.gov/kids](http://www.eia.doe.gov/kids)

**Texas Parks & Wildlife**  
[www.tpwd.state.tx.us](http://www.tpwd.state.tx.us)